

Community Education Service

Understanding Childhood Stress & Anxiety

John Laing B.A, B.Dipl, M.Ed, Psych.

February 25, 2019

7:00 pm - 9:00 pm

Sign in: 6:45pm

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

A discussion on anxiety and stress in children; what it is, what it may look like and how you can help your child. How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.

Level I: This session presents an overview of childhood anxiety and stress and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, [RVS](#), [MHCB Stepping Stones to Mental Health](#).

Community Education Service

Let's Talk Mindfulness

Allison Blake M.A., B.A. & Jodie Moffatt BSW

February 26, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

East Lake School

325 Kinniburgh Blvd, Chestermere

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

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This session will outline and discuss the main concepts in mindfulness and how understanding the brain can improve self-regulation. Using a hands-on approach this session will teach skills related to these concepts. This session will discuss how the brain influences thinking, emotions, self-regulation and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Level I: This session presents an overview of mindfulness and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **RVS, MHCB Stepping Stones to Mental Health.**

Community Education Service

Adulthood:

It's harder than it looks! Helping your child with autism be successful after high school – including university and employment

Dr. Katelyn Lowe, Registered Psychologist,
Sinneave Family Foundation

March 13, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

Education Centre

2651 Chinook Winds Drive SW, Airdrie

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

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Becoming a legal adult at 18 years in Alberta and graduating from high school are two transition points that can be challenging – even scary for individuals on the Autism Spectrum and their parents. Developing a plan for “life after high school” can help to maximize the chances your child will be successful as they pursue continued education (post-secondary studies) and employment.

This session will support families and provide valuable information about the following topics:

How to create a shared vision for your child's future. Understanding next steps after high school. Managing health and mental health issues in adulthood. Developing pre-employment skills. Legal and financial issues including guardianship and program funding at age 18. Discuss how the Launch Program might support your child as they transition to adulthood.

Level I: This session presents an overview of autism and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

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Child and Adolescent Addiction, Mental Health and Psychiatry Program

(CAAMHPP) of Alberta Health Services, Sinneave Family Foundation & RVS, MHCB Stepping Stones to Mental Health

Community Education Service

Let's Talk Mindfulness

Vicki Tole CYCC & Allison Blake BSc, MA School Counselling

March 26, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

**A.E. Bowers Elementary School
1721 Summerfield Blvd, Airdrie**

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

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Level I: This session presents an overview of mindfulness and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

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Community Education Service

Creating Calm in the Home

Nikki Durstling, B.A in Human Services

April 30, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

Herons Crossing School

1860 Reunion Blvd Northwest, Airdrie

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Controlling our emotions is something we typically learn from others, we watch and we learn. Emotional regulation is a complex process that involves initiating, inhibiting, or balancing one's state or behaviour in a given situation. Learn about the contagious cycle of emotions, how to manage our own, and then manage our children's. Identify your personal triggers, your physical and emotional warning signs, and effective calming or coping strategies. When you calm yourself, you can calm the whole family! Applicable for parents/caregivers with children and youth of all ages.

Level I: This session presents an overview of emotional regulation and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, [Closer to Home](#), [RVS](#), [MHCB Stepping Stones to Mental Health](#).